Raiderettes rolling on

The Raiderette softball team continued their rampage through the 1981 season with wins number 11 and 12 last week, over Jefferson Forest Tuesday and Buckingham Friday.

The local girls combined 15 hits with strong defensive play for a 21-6 win over Jefferson Forest Tuesday. Raiderette pitcher Angie Murray was credited with the win, her eleventh of the season.

The local girls bombed Forest, scoring 11 runs in the first inning, and six more in the second inning for 17 runs early in the game.

The Raiderettes scored one, two and one run, respectively, in the fourth, fifth and sixth innings, to complete their scoring for the game.

Jefferson Forest scored four runs in the second inning, and one each in the fifth and seventh innings.

Lolita Preston, Susan Handy and Robin Martin each had two doubles for the Raiderettes during the game, and Karen Johnson had a two-bagger, as well.

Handy and Martin both collected five runs batted in.

Friday's game against Buckingham was closer, with the Raiderettes emerging victorious with an 8-3 score in the end.

Angie Murray again was credited with the win, the twelfth for her and her team.

Susan Handy, Robin Martin, Karen Johnson and Jaquetta Booker all had good days offensively. Handy got a home run, and stole a base; Martin also hit a home run, stole a base and got two runs batted in; Karen Johnson went two for four at the plate and stole a base; and Jaquetta Booker went two for three at the plate and stole a base.

The Raiderettes jumped out into an early 2-0 lead in the first inning, scored two more in the fourth, three in the seventh, and one in the sixth and final inning.

Buckingham scored two runs in the fourth inning and the third in the sixth inning.

The loss brought Buckingham's record to three wins and eight losses overall, two and five in the district.

The Raiderettes, at 12-0, were at the top of the Seminole District as of press time.

RAIDERETTE ROBIN Paulette hustles to third base in an attempt to beat out throw on infield grounder. [Photo by Allen Austin.]

IT WAS A BIG ONE and it didn't get away from Sidney Jack on Sunday afternoon. The large-mouth bass weighed six pounds and two ounces. Sidney is the son of Carol and Bob Abernathy of Appomattox.

S&Ls enjoy 150th year

The savings and loan business, which this year celebrates the 150th anniversary of its founding, still specializes in "what we started out doing – helping people own their homes," the president of American Federal Savings and Loan Association said.

"We began housing Americans in 1831 when the first savings and loan mortgage was made, Jack T. Cosby said, "and for the past 150 years the major aim of the savings and loan business has been to encourage thrift and home ownership."

Home buyers have come to rely on savings associations as the best source of mortgage money, "and we want to continue earning that public confidence. Our association will remain real estate oriented because there is a need for a system of strong, specialized home lending institutions in the communities we serve," Mr. Cosby added.

The financial services which savings associations are beginning to use will offer customers more conveniences but will not lessen the commitment to housing and home finance.

That there will be a greater need for mortgage funds is "virtually certain," he said, citing population demographics which show that a record 42

(Cont'd on page 4)

Football meeting planned

There will be an important meeting of all persons interested in coaching and working with the Little League Football and Cheerleading Program in Appomattox County this fall.

Persons interested in the Little League Program in general and it's operations and procedures are also invited to attend. Plans will be made for the operation of the program this fall and rule changes and schedules will be discussed.

This meeting will be held at 7 p.m. on Tuesday, May 26, 1981, at the Hillcrest Branch of Central Fidelity Bank.

Baseball team splits two

The Raider varsity baseball team won one and lost one last week, with a 10-3 victory over Jefferson Forest, and a 7-1 loss to Buckingham.

Greg Mayberry pitched a "very strong game" in Tuesday's win over Jefferson Forest, according to Coach Howard Clabough.

The Raiders compiled a total of 10 hits in taking their eighth win of the season.

Appomattox scored two runs in the first inning, two in the third inning, one in the fourth, and five runs in the sixth inning.

Kenny Wayne Burks hit a home run in the first inning, went two for four at the plate and got two runs batted in for the day.

Bucky Totty went three for four, and got one RBI; Keith Mann had three stolen bases, and Kevin Ferguson had two stolen bases for the day.

It was a different story against Buckingham night, as the Raiders fell 7-1 in what Clabough categorized as their "poorest game of the season."

The Raiders' only run came in the third inning, when Jody Williams walked, stole second base, and was then driven in by a Kenny Wayne Burks single.

"We just never got a track in that game," Clabough commented. He noted that Appomattox committed four errors in key situations.

Boys' tennis team has 6-3 record

With two matches left, the Appomattox boys' tennis team has a 6-3 record and a pretty good chance of getting into the Seminole District tournament, according to Coach John Pettyjohn.

The Raiders had a busy week last week, playing five matches.

Saturday, finishing up a match that was begun before Easter break, the Raiders lost 6-3 to Altavista.

The day before, Friday, the Raiders lost a match to Prince Edward.

In other matches last week, the Raiders defeated William Campbell 6-3.

The Raiders also defeated Jefferson Forest by a score of 5-1 last week.

The Raiders also defeated Rustburg last week, with Hubbard, Lawson, Fratrick, Beaty, Ned Jennings, and all three doubles teams winning.

Two weeks ago, the Raiders lost to Liberty by a score of 7-2.

The local team was scheduled to play Brookville Tuesday, and today (Wednesday) is scheduled to face off against Gretna.

Girls defeat Jeff. Forest

The Raiderette tennis team won their third match of the season against Jefferson Forest last Tuesday, while dropping matches to Rustburg on Monday and to William Campbell on Friday.

In Tuesday's victory, Dana Ford, Bobbie McFaden and Susan George all won their singles matches in the 5-4 Raiderette victory.

In addition, the Dana Ford/Bobbie McFaden and Susan George/Rhonda Jaggars doubles teams won their matches.

Following last week's action, the girls' tennis team had compiled a 3-5 record overall, and a 1-3 record in the district.

Little League results

MINOR LEAGUE

Games	Winner Score
Oakville-Redsox	Oakville 11-10
Angels - Oakville	Oakville 7-6
Cardinals - Royals	Cardinals 19-4
Yankees - Angels	Angels 5-4
Pamplin Pirates-Redsox	Redsox 15-7
Pamplin Mets-Yankees	Yankees 7-6
Cardinals - Pamplin Pirates	Cardinals 21-4
Royals - Pamplin Mets	Tie 7-7

AMERICAN LEAGUE	NATIONAL LEAGUE
Angels 3-1	Cardinals 4-0
Redsox 2-2	Oakville 3-1
Yankees 2-2	Pamplin Mets 1-2-1
Royals 0-3-1	
Pamplin Pirates 0-4	

MAJOR LEAGUE

GAMES	Winner - Score	STANDINGS
Redsox - Orioles	Redsox 18-4	Redsox 2-0
Orioles - Giants	Giants 10-4	Yankees 2-0
Giants - Yankees	Yankees 23-3	Giants 1-1
Yankees - Pamplin	Yankees 9-7	Orioles 0-2
Pamplin - Redsox	Redsox 19-3	Pamplin 0-2

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BABY OF THE WEEK

SUSAN LETTERMAN, age 14 months, is the daughter of Mr. and Mrs. Steve Letterman, of Pamplin. Grandparents are Mr. and Mrs. John Letterman, Alice Ferguson and the late Aubrey Baldwin.

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Good News for Homemakers

It's important to keep blood pressure in check

By SHIRLEY W. WALTON
Extension Agent
High Blood Pressure Facts and Tips

The Appomattox County Extension Homemakers will be conducting a RISKO health program on May 7 and 8, 1981. This screening program will be conducted at King's and Wilbun's Supermarkets simultaneously on Thursday, May 7, 3:00 p.m. to 6:30 p.m. and on Friday, 10:00 a.m. to 5:00 p.m.

This is a simple screening program. All you have to do is to come by, answer a few simple questions on a form and have your blood pressure taken at no cost. This information will be fed into a computer terminal during the next week and a printout concerning your risks as far as a heart attack is concerned will be sent to you. All of this is being done at no cost to you, but as a health service to the community.

We will ask you to have your blood pressure taken. This is most appropriate since May is high blood pressure month in Virginia. I wish to share with you some info concerning high blood pressure from a leaflet prepared by the U. S. Department of Health and Human Services, Public Health Service.

A frequently asked question is-what is high blood pressure. Your blood pushes against your blood vessels as your heart beats. Sometimes this push is too great. Then high blood pressure results. High blood pressure can cause a stroke, heart attack or even kidney disease.

Who can get high blood pressure? High blood pressure is a common problem. Anyone can have it, young and old, men and women, relaxed people and tense people, anybody. If you are over 40, you have a higher chance of having high blood pressure.

How can you tell if you have it? You can't tell by yourself if you have high blood pressure. You can feel good or feel bad, but the way you feel does not tell you. There is only one way to find out. This way is to have a doctor or nurse check your blood pressure with the proper equipment.

Can you control high blood pressure? High blood pressure usually cannot be cured, but you can control it. You can bring your blood pressure down to normal. How? By treatment, every day. Then you can lead a normal, healthy, active life. If you have high blood pressure, you need to see your family doctor. The doctor can help you control this blood pressure. This is why we would like to have you involved in our RISKO Program. This will determine if your blood pressure reading is high and also your risks regarding a possible heart attack.

Some facts about high blood pressure include the following:

1. High blood pressure can cause strokes, heart attacks and kidney disease.

2. You usually cannot tell if you have high blood pressure, so have a doctor or nurse check you regularly.

3. You can control high blood pressure. When it is controlled, you can lead a normal, active, healthy life.

4. Be sure you understand the doctor's treatment, then follow the treatment daily for life.

5. Tell your family and friends about the treatment. They, too, can help.

6. Remember, millions of people control their high blood pressure. You can, too.

Some tips concerning controlling high blood pressure are:

1. Usually high blood pressure will not go away or be cured. You need to stay on your doctor's treatment. Do not stop your treatment unless the doctor says to stop. Be sure of what the doctor says.

2. Some people may take their pills when they feel bad. Some take them when they feel good. Both ways are wrong. You need to follow your treatment daily, no matter how you feel.

3. The doctor may ask you to do other things besides take pills, maybe cut down on salt, maybe lose weight. You do not decide for yourself what things you should do. Do all the things the doctor asks. Your family doctor is your best friend regarding what you should do.

4. Tell your family and friends about your treatment. They can remind you to take your pills, or cook meals with your diet in mind. It's a fact–they can help you control your high blood pressure.

5. If you stop treatment, your blood pressure will go back up. If you start treatment again, your blood pressure will go back down again. So keep trying until you get your blood pressure under control. Then keep it there for life.

Please stop by the two local supermarkets, Wilbun's and King's, on Friday and Saturday, May 7 and 8. We will have homemakers here to take the information and registered nurses to assist us with the blood pressure check. This is all free to you, the citizens of Appomattox County.

If you have a homemaking question or problem, you may call us at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Have a good week, homemakers!

RECIPE OF THE WEEK
Joe's Rocky Road Dream Bars
Base:
1 package Marble Cake Mix-plus fudge (Reserve Marble Pouch)
½ cup margarine
Topping:
¼ cup water
2 eggs
1 cup marshmallows
1 cup chopped nuts
6 oz. package (1 cup) semi-sweet chocolate chips

Heat oven to 350°. Grease 13" x 19" pan. In large bowl, combine base ingredients. Mix at highest speed until crumbly. Reserve 1¼ cups crumbs for topping. Press remaining crumb mixture into prepared pan. In large bowl, blend reserved crumbs, water, eggs and marble pouch until moistened. Beat 2 minutes at highest speed. Stir in marshmallows, nuts and chocolate chips. Spread over crumb mixture in pan. Bake at 350° for 25 - 30 minutes. Cool. Dust with powdered sugar. Cut into bars.

Thanks to Joe Servis for sharing this prize-winning cookie recipe with us. He was overall fourth grade winner in the Appomattox Elementary 4-H Cookie Contest.

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